



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01281, Yogurt, Greek, nonfat, strawberry, CHOBANI

Report Date: July 16, 2017 18:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	79.62	6	0.384	77.7	80.1	5.0	78.629	80.604	1	Analytical or derived from analytical	--	07/2014
Energy	kcal	80	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Energy	kJ	334	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Protein <sup>1</sup>	g	8.03	6	0.101	7.66	8.36	5.0	7.774	8.296	1	Analytical or derived from analytical	--	07/2014
Total lipid (fat) <sup>1</sup>	g	0.12	6	0.024	0.07	0.2	5.0	0.062	0.187	1	Analytical or derived from analytical	--	07/2014
Ash <sup>1</sup>	g	0.60	6	0.028	0.53	0.71	5.0	0.531	0.675	1	Analytical or derived from analytical	--	07/2014
Carbohydrate, by difference	g	11.62	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fiber, total dietary <sup>1</sup>	g	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Sugars, total <sup>1</sup>	g	10.86	3	0.210	10.45	11.14	2.0	9.958	11.761	1	Analytical or derived from analytical	--	07/2014

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Sucrose <a href="#">1</a>	g	6.29	3	0.152	5.99	6.45	2.0	5.641	6.946	1	Analytical or derived from analytical	--	07/2014
Glucose (dextrose) <a href="#">1</a>	g	0.77	3	0.060	0.65	0.85	2.0	0.508	1.025	1	Analytical or derived from analytical	--	07/2014
Fructose <a href="#">1</a>	g	0.74	3	0.009	0.73	0.76	2.0	0.705	0.781	1	Analytical or derived from analytical	--	07/2014
Lactose <a href="#">1</a>	g	2.50	3	0.047	2.43	2.59	2.0	2.303	2.704	1	Analytical or derived from analytical	--	07/2014
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2014
Galactose <a href="#">1</a>	g	0.55	3	0.015	0.53	0.58	2.0	0.491	0.616	1	Analytical or derived from analytical	--	07/2014
Starch <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	99	6	0.856	97	102	5.0	97.167	101.567	1	Analytical or derived from analytical	--	07/2014
Iron, Fe <a href="#">1</a>	mg	0.12	6	0.020	0.07	0.18	5.0	0.064	0.166	1	Analytical or derived from analytical	--	07/2014
Magnesium, Mg <a href="#">1</a>	mg	10	6	0.126	10	11	5.0	9.904	10.55	1	Analytical or derived from analytical	--	07/2014

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Phosphorus, P <a href="#">1</a>	mg	112	6	1.147	109	115	5.0	108.55	114.45	1	Analytical or derived from analytical	--	07/2014
Potassium, K <a href="#">1</a>	mg	124	6	0.872	121	127	5.0	121.591	126.076	1	Analytical or derived from analytical	--	07/2014
Sodium, Na <a href="#">1</a>	mg	33	6	0.965	31	37	5.0	30.104	35.063	1	Analytical or derived from analytical	--	07/2014
Zinc, Zn <a href="#">1</a>	mg	0.44	6	0.003	0.43	0.45	5.0	0.427	0.444	1	Analytical or derived from analytical	--	07/2014
Copper, Cu <a href="#">1</a>	mg	0.019	6	0.000	0.02	0.02	5.0	0.018	0.02	1	Analytical or derived from analytical	--	07/2014
Manganese, Mn <a href="#">1</a>	mg	0.033	6	0.002	0.03	0.04	5.0	0.028	0.038	1	Analytical or derived from analytical	--	07/2014
Selenium, Se <a href="#">1</a>	µg	9.5	3	0.058	9.4	9.6	2.0	9.251	9.749	1	Analytical or derived from analytical	--	07/2014
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Thiamin	mg	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	01256	07/2014
Riboflavin <a href="#">1</a>	mg	0.280	3	0.032	0.23	0.34	2.0	0.142	0.418	1	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	0.213	3	0.007	0.2	0.22	2.0	0.185	0.242	1	Analytical or derived from analytical	--	07/2014
Pantothenic acid <a href="#">1</a>	mg	0.335	2	--	0.32	0.35	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
Vitamin B-6 <a href="#">1</a>	mg	0.050	3	0.002	0.05	0.05	2.0	0.042	0.057	1	Analytical or derived from analytical	--	07/2014
Vitamin B-12 <a href="#">1</a>	μg	0.45	2	--	0.37	0.53	1.0	--	--	1	Analytical or derived from analytical	--	07/2014
<b>Lipids</b>													
Fatty acids, total saturated	g	0.103	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
4:0 <a href="#">1</a>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
6:0 <a href="#">1</a>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
8:0 <a href="#">1</a>	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
10:0 <a href="#">1</a>	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
12:0 <a href="#">1</a>	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 <a href="#">1</a>	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
15:0 <a href="#">1</a>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:0 <a href="#">1</a>	g	0.038	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
17:0 <a href="#">1</a>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:0 <a href="#">1</a>	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
24:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total monounsaturated	g	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
14:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 undifferentiated <sup>1</sup>	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 c <sup>1</sup>	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
16:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 undifferentiated <sup>1</sup>	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 c <sup>1</sup>	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:1 t <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
24:1 c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total polyunsaturated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
18:2 undifferentiated <sup>1</sup>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 n-6 c,c <sup>1</sup>	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 CLAs <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:2 t not further defined <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 undifferentiated <sup>1</sup>	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

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18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:3i <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
18:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:3 n-6 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014

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22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2014

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD